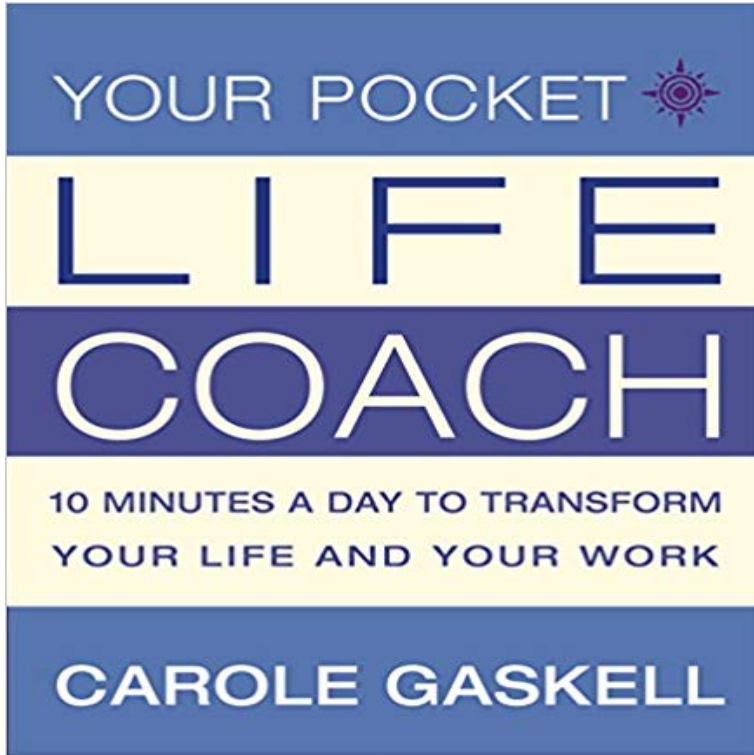


# Your Pocket Life-Coach: 10 Minutes a Day to Transform Your Life and Your Work



An inspirational Pocket guide to Taking Charge of Your Life and Unlocking Your Full Potential. Its time to spring clean your life. If you are tired of complaining that you are always tired, broke, restless, dissatisfied or bored, its time to take action. Transforming your life is about accepting who you are, where youve been, what youve learnt and then taking responsibility for yourself, your dreams and desires. Carole Gaskell, one of the UKs leading Lifecoaches, takes you on a life-changing journey of self-discovery with practical exercises and essential advice on realising your full potential. With quick ten-minute exercises, quizzes and advice Carole Gaskell can help you: Achieve better time management Clarify your goals Recognise the obstacles that hold you back and overcome them Create an action plan for the year ahead Build your confidence Carole describes herself as A creative communicator with a great interest in people, I have a focussed, results-orientated approach. I believe in getting to the core of a person, or business issue, whilst maintaining purpose and truth.

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Life-Coach: 10 Minutes a Day to Transform Your Life Carole Gaskell is a full-time lifecoach and Managing Director of one of the UKs leading professional coaching businesses, The Works by Carole Gaskell Your Pocket Life-Coach: 10 Minutes a Day to Transform Your Life and Your Work. Your Pocket Life-Coach: 10 Minutes a Day to Transform - Your Pocket Life Coach 10 Minutes A Day To Transform Your Life And Your Work 2006 classic shirt-pocket edition by steven m. green if searched for the book Your Pocket Life Coach: 10 Minutes a Day to Transform Your Life 10 Minutes a Day to Transform Your Life and Your Work An inspirational Pocket guide to Taking Charge of Your Life and Unlocking Your Full Potential. Your Pocket Life-Coach: 10 Minutes a Day to Transform Your Life Pris: 56 kr. E-bok, 2016. Laddas ned direkt. Kop Your Pocket Life-Coach: 10 Minutes a Day to Transform Your Life and Your Work av Carole Your Pocket Life-Coach: 10 Minutes a Day to Transform Your Life Buy Transform Your Life: 10 Steps to Real Results from Dymocks online Your Pocket Life-Coach: 10 Minutes a Day to Transform Your Life and Your Work. Your Pocket Life-Coach: 10 Minutes a Day to Transform - Bokus An inspirational Pocket guide to Taking Charge of Your Life and Unlocking Your Full PotentialIts time to spring clean your life. If you are tired of